



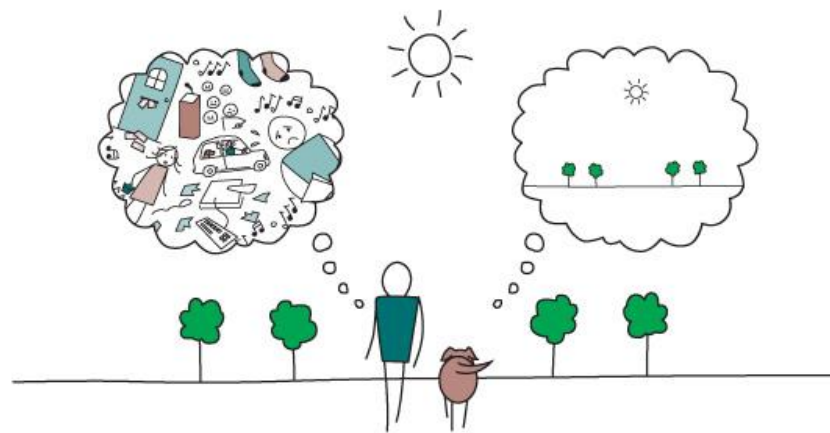
Stress Management

**What is stress?** A reaction to the demands of life. (It can be positive or negative) i.e. Loss of job, new job, wedding, birth, totaling your car, divorce

**Physical signs of stress:** Rapid pulse, fatigue, pounding heart, tight muscles (especially in the face, neck, and shoulders), headache, stomachache, indigestion, interrupted sleep, etc.

**Ways to reduce stress:** Deep breathing, thinking of a relaxing place, laughing, listening to music, getting a massage, listening to music, exercising, journal, expressing emotion, eating wisely, thinking positive

Emotional	Physical
Comes on suddenly	Comes on gradually
Feels overwhelming and urgent	More aware of what you're doing
Craves comfort food-feel the NEED for a specific food	Located in the stomach
Often leads to mindless eating.	More aware of your actions
Located in the head	Feel satisfied when your stomach is full
Can lead to feelings of guilt	



Mind Full, or Mindful?